

PLANNING, SELECTING, STORING, PREPARING & SERVING FOOD TO MEET NUTRITIONAL NEEDS

Planning and Selecting Food to Meet Nutritional Needs Grade Levels: 7-8

Concept: Nutritious Snacking

Comprehensive Standard: 6.3 Demonstrate planning, selecting, storing, preparing and serving of foods to meet nutritional needs of individuals and families across the life span

Technical Standard(s): 6.3.2 Select, store, prepare and serve nutritious and aesthetically pleasing foods that meet the health and wellness needs of family members based on available resources

LESSON COMPETENCIES

- ? Select appropriate snacks using the Food Guide Pyramid
- ? Prepare nutritious snacks

Anticipated Behavioral Outcomes:

- ? Students plan and prepare nutritious snacks using the Food Guide Pyramid as part of their daily food choices.

Resources Needed:

- Copies of handouts for all students
- Copies of snack recipes

References for teachers and students:

Team Nutrition, a program developed by the USDA to promote healthy eating and physical activity has several resources appropriate for middle school students. These include a Student Activity Guide and Teacher's Guide with several activities called yoursSELF. One activity called "Try it" with an accompanying poster "Snack Attack" provide hints for choosing snacks and two word puzzles on snacking. Several can be downloaded for free at their website or ordered at the site. The address is

www.fns.usda.gov/tn

Smart Snacks, an article available at the NcKinley Health Center website at www.mckinley.uiuc.edu/health-info/nutrit/hlthdiet/smart_snacks.html

Byrd-Bredbenner, C. (2003). *Adventures in Food and Nutrition*. Goodheart-Willcox Publishing, Tinley Park, IL www.goodheartwillcox.com Chapter 14 When You're on the Go

Easy, healthy snack ideas are included in the *Healthy Snack Guide* fact sheet from the Food and Health Communications website at www.foodandhealth.com

Another great site for snack ideas and recipes is found at the website, Iowa State University Cooperative Extension Service www.extension.iastate.edu/food/snacks.html The ISU Extension Service also has publication, *Get Ready for Snacks!* that can be accessed at www.extension.iastate.edu/pubs/fo1.htm

Additional smoothie recipes are available at www.whymilk.com/cookin/blenders.htm

Background Information:

Snacks can be an important part of a healthful diet especially for children and adolescents. Well-chosen snacks can help them manage weight, hunger, health and energy needs.

Snacking should be planned to complement other food choices. Rather than thinking of them as “extras”, snacks should be chosen to contribute to food-group servings from the Food Guide Pyramid.

The American Dietetic Association offers the following snacking tips:

- ? Choose snacks for variety – select from different food groups
- ? Snack when you’re hungry
- ? Make snacking a conscious activity
- ? Eat snacks well ahead of mealtime
- ? Eat snack-size portions
- ? Match snack calories to your activity level
- ? Consider snacks in your fat budget
- ? Go easy on snacks from the Pyramid tip
- ? Plan ahead for smart snacking

Learning Activities:

Middle School Level

- ? Ask students to make a list of their favorite snacks. Identify where each snack fits on the Food Guide Pyramid. Is the “shape” of their snack pyramid similar to that of the Food Guide Pyramid? Are most of the snacks from the 5 food groups with only a few or no choices from the top of the Pyramid?
NOTE TO TEACHER: You could draw a large Food Guide Pyramid on the board and ask students to write the names of their favorite snacks in the appropriate food group; check to see if the class choices indicate a balance from the food groups.
- ? Review the guidelines for healthy snacking from the American Dietetic Association (see background info) and/or review the snacktoid tips found on the “Snack Attack” poster from the Team Nutrition materials (see reference list).
- ? Individually or in groups of two, ask students to complete the *Snack Attack Planning for Healthy Snacking* activity. When students have completed their choices, discuss why they chose the snacks and where they would fit in the Food Guide Pyramid.
- ? Prepare simple nutritious snacks. Have students make a nutrition label for each snack using resources provided. A sample is included, “*Berry Good Smoothie*”

Extended Learning Activities

- ? **Snack Attack Recipe Book** – Compile a recipe book with recipes for low fat, nutritious snacks from the Food Guide Pyramid that are quick and easy to prepare. Include nutrition information for each recipe and identify how the

snack fits into the Food Guide Pyramid. Distribute to parents of elementary school children.

- ? **FCCLA Snack Store** – As part of an entrepreneurial project or fund raiser, open a Snack Attack Shop that features healthy snack choices from the Food Guide Pyramid such as pretzels, cheese sticks, cheese & crackers, single-serve fruit or pudding cups, ice cream bars, etc.
- ? **Snack Attack Corner** – Submit a snack attack idea each week to the school newspaper or community newspaper with ideas for healthy snacking and recipes for nutritious snacks.